

WHAT IS CLAIMED IS:

1. An adjustable steering column, comprising:
a first locating coupling and a second locating coupling,
the first locating coupling and the second locating coupling
arranged opposite one another, each of the first locating
coupling and the second locating coupling including two
coupling parts configured to be brought into contact with one
another;

a pressure element arranged between two mutually
corresponding, medial ones of the coupling parts of the first
locating coupling and the second locating coupling; and

a tension element interconnecting two outer mutually
corresponding ones of the coupling parts of the first locating
coupling and the second locating coupling;

wherein the pressure element includes a torsion spring
configured, with mutually opposite ends in an expanded state,
to push the medial coupling parts away from each other and in
the direction of the outer coupling parts and, while in a
compressed state, the distance between the ends is configured
to be shortened by bending; and

wherein engaging between the ends is an actuating device
configured to produce bending for releasing the locating
coupling and to produce coupling of the locating coupling by
reducing the bending.

2. The adjustable steering column according to claim 1,
wherein the actuating device is configured to be put in motion
by a fluid.

3. The adjustable steering column according to claim 1,
wherein the actuating device is configured to be put in motion
electromagnetically.

4. The adjustable steering column according to claim 1,
wherein the torsion spring includes a leaf spring.

5. The adjustable steering column according to claim 1, wherein in the released state, the torsion spring is configured to assume its expanded state.

6. The adjustable steering column according to claim 1, further comprising a further spring configured to force the torsion spring into the expanded state.

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